



# What to know about prostate cancer



4 ways to decrease your risk

What to expect during your screening

8 symptoms to watch for



How to find support after a diagnosis



# What is prostate cancer?

Your prostate is part of your reproductive system. The small gland is located right below the bladder. Its main job is to make the fluid that nourishes and transports sperm. When abnormal cells begin to grow in the gland, they may develop into prostate cancer.

It's hard to catch prostate cancer early, but you can still screen for symptoms such as:

- ✔ **Constant urge to urinate, especially at night**
  - ✔ **Difficulty peeing or weak flow**
  - ✔ **Painful urination**
  - ✔ **Blood in urine or semen**
  - ✔ **Painful ejaculation or erectile dysfunction**
  - ✔ **Weakness or numbness in the lower body**
  - ✔ **Pelvic pain or discomfort**
- ▶ **If you have some of these signs, don't panic. There are other conditions that have similar symptoms.**

**Talk to your doctor to find out what may be causing them.**

# What are the risk factors?

As you get older, it's important to know what might increase your risk of getting prostate cancer.



## 1

### Family history

“If you have a close relative – such as a father or brother – who has prostate cancer, you’re two to three times more likely to get it,” says Glen McWilliams, MD. He’s part of the National Medical Association and a urologist in the Bronx, New York.

## 2

### Genes

There are two genes known as BRCA 1 and BRCA 2. Women with mutations of these genes have a higher risk for breast cancer. And men with mutations of these genes have a higher risk for prostate cancer, says Dr. McWilliams.

## 3

### Ethnicity\*

Prostate cancer is more common in Black or African American men, especially after age 50. Overall, they are twice as likely to develop prostate cancer compared to White men. And about one out of six Black or African American men will be diagnosed with the disease in their lifetime.

## 4

### Age\*

The older you are, the higher your risk. Most cases are found in men in their mid-60s. The chance of having the disease by that age is more than 50 percent. But the good news is if you detect prostate cancer early enough, the survival rate is high. So do your best to stay on top of your screenings.

\* FOR ETHNICITY SOURCE: ZERO Prostate Cancer. [Black men and prostate cancer](#). Accessed November 20, 2023.

\* FOR AGE SOURCE: Prostate Cancer Foundation. [Prostate cancer survival rates](#). Accessed November 20, 2023.

# How to help prevent prostate cancer

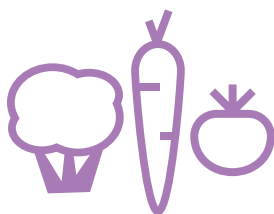
You can't control your family history, ethnicity or getting older. But you can change everyday behaviors that increase your risk of prostate cancer. "Maintaining healthy behaviors offers benefits to your immune system, which helps fight off any type of cancer," says Glen McWilliams, MD. Here are some ideas to build a strong immune system.



## Stay on top of annual checkups

An annual checkup can help you reach your health goals. It's also a good time to discuss prostate cancer screenings.

Make an appointment if it has been a year or more since your last checkup.



## Eat fruits and vegetables

They have antioxidants, which help slow the growth of cancer cells.



## Get 30 minutes of exercise five times a week

Regular exercise can reduce inflammation and improve immune function. Both help prevent cancer.



## Maintain a healthy weight

Men who are overweight have a harder time beating prostate cancer.



## Quit smoking

Tobacco has chemicals that damage your cells and can cause cancer.

**Health care you can rely on**

To see if an Aetna® Dual Eligible Special Needs Plan, or D-SNP, is right for you, call us at **1-833-228-1297 (TTY: 711)** between 8 AM and 8 PM, 7 days a week.

# How is prostate cancer found?

The only way to know if you have prostate cancer is through screenings.

Your doctor will suggest the best screening for you. Here's what to expect.



## A blood test

This simple test measures your level of prostate-specific antigen (PSA). A man with a healthy prostate typically has a low amount. But higher levels can signal that something may be wrong.

## A physical exam

A digital rectal exam (DRE) is a physical exam of your prostate. Your doctor inserts a finger into your rectum. This lets them check the area for lumps or bumps.

**If your doctor does the first two tests (antigen and DRE) and finds something, then they will suggest one of these follow-up tests.**

### **An image of your prostate**

An MRI uses a powerful magnet and radio waves to take pictures of your prostate.

### **Biopsy**

Your doctor removes a small piece of tissue from your prostate and checks it for cancer cells.

### **Additional blood tests**

Known as a 4K score, this blood test checks for four proteins which can identify prostate cancer.

I have prostate cancer. What's next?



Treatment depends on what stage of cancer you have. The sooner your doctor detects the disease, the less treatment you may need. For example, early-stage prostate cancer often means simply monitoring your symptoms through regular blood tests. If it's a later-stage disease, your doctor might take a more active approach. This may include treatments such as:

**Chemotherapy**

These medications can help kill cancer cells.

**Cryotherapy**

Your doctor freezes the cancer cells.

**Hormone therapy**

Certain hormones can fuel cancer growth. Hormone therapy stops your body from making them.

**Immunotherapy**

These medications help deter cancer cells.

**Targeted therapy**

This involves taking medications that can zero in on cancer cells, leaving healthy cells alone.

**Prostatic artery embolization (PAE)**

This procedure cuts off the blood supply and oxygen to the cancerous parts of the prostate.

**Prostatectomy**

This surgery removes all or part of your prostate.

**Radiation**

The doctor will use high-energy waves to kill your cancer cells.



**Having an Aetna® Dual Eligible Special Needs Plan, or D-SNP, makes it easy to stay on top of your prostate cancer screenings.**

- All Aetna D-SNPs cover prostate cancer screenings.
- Members have a care team who can help them find in-network providers, schedule appointments, and find local community transportation options.

Visit [AetnaMedicare.com/YourDSNP](https://www.aetna.com/YourDSNP) to learn more about Aetna D-SNPs.

***If you qualify for both Medicare and Medicaid, you may be eligible for an Aetna® Dual Eligible Special Needs Plan (D-SNP).***

***If you're 65 or older and have diabetes or an eligible heart disease, you may qualify for an Aetna® Chronic Condition Special Needs Plan (C-SNP). C-SNPs are currently available in select counties in IL and PA.***

***You may be eligible for an Institutional Special Needs Plan (I-SNP) if you've lived (or plan to live) in a participating facility for 90+ days or you have Medicare Part A (hospital insurance) and Part B (medical insurance).***

Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our DSNPs also have contracts with state Medicaid programs. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area. Participating health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. If your plan's Extra Benefits Card includes roll over, any unused amount will rollover into the next month. The monthly amount can be rolled over through the end of the plan year but will not carry over into the next plan year.

The benefits mentioned are part of special supplemental program for the chronically ill. Eligibility is determined by whether you have a chronic condition associated with this benefit. Standards may vary for each benefit. Conditions include Hypertension, Hyperlipidemia, Diabetes, Cardiovascular Disorders, Cancer. Other eligible conditions may apply. Contact us to confirm your eligibility for these benefits.

Eligibility for the Model Benefit or Reward and Incentive (RI) Programs under the Value-Based Insurance Design (VBID) Model is not assured and will be determined by Aetna after enrollment, based on relevant criteria (e.g., clinical diagnoses, eligibility criteria, participation in a disease state management program).

For mail order, you can get prescription drugs shipped to your home through the network mail order delivery program. Typically, the main order drugs arrive within 14 days. You can call the phone number on your member ID card if you do not receive your mail order drugs within this time frame. Members may have the option to sign-up for automated mail order delivery. To send a complaint to Aetna, call the Plan or the number on your member ID card. To send a complaint to Medicare, call 1-800-MEDICARE (TTY users should call 1- 877-486-2048), 24 hours a day/7 days a week. If your complaint involves a broker or agent, be sure to include the name of the person when filing your grievance. For accommodations of persons with special needs at meetings, call 1- 833-258-3132 (TTY: 711).

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In addition, our health plan provides auxiliary aids and services, free of charge, when necessary, to ensure that people with disabilities have an equal opportunity to communicate effectively with us. Our health plan also provides language assistance services, free of charge, for people with limited English proficiency. If you need these services, visit our website, call the phone number listed in this material or on your benefit ID card.

If you believe that we have failed to provide these services or discriminated in another way on the

basis of race, color, national origin, age, disability or sex, you can file a grievance with our Grievance Department (write to the address listed in your Evidence of Coverage). You can also file a grievance by phone by calling the Customer Service phone number listed on your benefit ID card (TTY: 711). If you need help filing a grievance, call the Customer Service Department at the phone number on your benefit ID card.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights at [https://ocrportal.hhs.gov/ocr/cp/complaint\\_frontpage.jsf](https://ocrportal.hhs.gov/ocr/cp/complaint_frontpage.jsf).

**ESPAÑOL (SPANISH):** Si habla un idioma que no sea inglés, se encuentran disponibles servicios gratuitos de asistencia de idiomas. Visite nuestro sitio web o llame al número de teléfono que figura en este documento.

**繁體中文 (CHINESE):** 如果您使用英文以外的語言，我們將提供免費的語言協助服務。請瀏覽我們的網站或撥打本文件中所列的電話號碼。



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Discrimination is against the law. Aetna Medicare Preferred Plan (HMO D-SNP) follows State and Federal civil rights laws. Aetna Medicare Preferred Plan (HMO D-SNP) does not unlawfully discriminate, exclude people or treat them differently because of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity or sexual orientation.

Aetna Medicare Preferred Plan (HMO D-SNP) provides:

- Free aids and services to people with disabilities to help them communicate better, such as:
  - ✓ Qualified sign language interpreters
  - ✓ Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
  - ✓ Qualified interpreters
  - ✓ Information written in other languages

If you need these services, contact Aetna Medicare Preferred Plan (HMO D-SNP) between 8 AM and 8 PM 7 days a week by calling **1-860-409-1221**. If you cannot hear or speak well, please call 711. Upon request, this document can be made available to you in braille, large print, audiocassette or electronic form. To obtain a copy in one of these alternative formats, please call or write to:

Aetna Medicare Preferred Plan (HMO D-SNP)  
Aetna Medicare PO Box 7405 London, KY 40742  
**1-860-409-1221 [TTY/TDD 711 [California Relay 711]**

### **HOW TO FILE A GRIEVANCE**

If you believe that Aetna Medicare Preferred Plan (HMO D-SNP) has failed to provide these services or unlawfully discriminated in another way on the basis of sex, race, color, religion, ancestry, national origin, ethnic group identification, age, mental disability, physical disability, medical condition, genetic information, marital status, gender, gender identity or sexual orientation, you can file a grievance with *Aetna Medicare Grievances*. You can file a grievance by phone, in writing, in person or electronically:

- **By phone:** Contact Aetna Medicare Grievances between 8 AM and 8 PM, 7 days a week, by calling **1-866-409-1221**. Or, if you cannot hear or speak well, please call **[TTY/TDD 711]**.
- **In writing:** Fill out a complaint form or write a letter and send it to:  
Aetna Medicare Grievances  
PO Box 14834 Lexington, KY 40512
- **In person:** Visit your doctor's office or Aetna Medicare Preferred Plan (HMO D-SNP) and say you want to file a grievance.
- **Electronically:** Visit Aetna Medicare Preferred Plan (HMO D-SNP) website at [AetnaMedicare.com](http://AetnaMedicare.com)

### **OFFICE OF CIVIL RIGHTS – CALIFORNIA DEPARTMENT OF HEALTH CARE SERVICES**

You can also file a civil rights complaint with the California Department of Health Care Services, Office of Civil Rights by phone, in writing or electronically:

- **By phone:** Call **916-440-7370**. If you cannot speak or hear well, please call **711 (Telecommunications Relay Service)**.
- **In writing:** Fill out a complaint form or send a letter to:  
**Deputy Director, Office of Civil Rights  
Department of Health Care Services  
Office of Civil Rights  
P.O. Box 997413, MS 0009  
Sacramento, CA 95899-7413**

Complaint forms are available at [http://www.dhcs.ca.gov/Pages/Language\\_Access.aspx](http://www.dhcs.ca.gov/Pages/Language_Access.aspx)

- **Electronically:** Send an email to [CivilRights@dhcs.ca.gov](mailto:CivilRights@dhcs.ca.gov)

### **OFFICE OF CIVIL RIGHTS – U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**

If you believe you have been discriminated against on the basis of race, color, national origin, age, disability or sex, you can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by phone, in writing or electronically:

- **By phone:** Call **1-800-368-1019**.  
If you cannot speak or hear well, please call **TTY/TDD 1-800-537-7697**.
- **In writing:** Fill out a complaint form or send a letter to:  
**U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201**

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

- **Electronically:** Visit the Office for Civil Rights Complaint Portal at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

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Si habla un idioma que no sea inglés, se encuentran disponibles servicios gratuitos de asistencia de idiomas. Visite nuestro sitio web o llame al número de teléfono que figura en este documento. (Spanish)

如果您使用英文以外的語言，我們將提供免費的語言協助服務。請瀏覽我們的網站或撥打本文件中所列的電話號碼。(Traditional Chinese)

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Kung hindi Ingles ang wikang inyong sinasalita, may maaari kayong kuning mga libreng serbisyo ng tulong sa wika. Bisitahin ang aming website o tawagan ang numero ng telepono na nakalista sa dokumentong ito. (Tagalog)

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បើលោកអ្នកនិយាយភាសាផ្សេងក្រៅពីភាសាអង់គ្លេស សេវាកម្មជំនួយផ្នែកភាសាមានផ្តល់ជូនដោយឥតគិតថ្លៃ។ សូមចូលមើលគេហទំព័ររបស់យើងខ្ញុំ ឬហៅទៅកាន់លេខទូរស័ព្ទដែលមានរាយនៅក្នុងឯកសារនេះ។ (Khmer)

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